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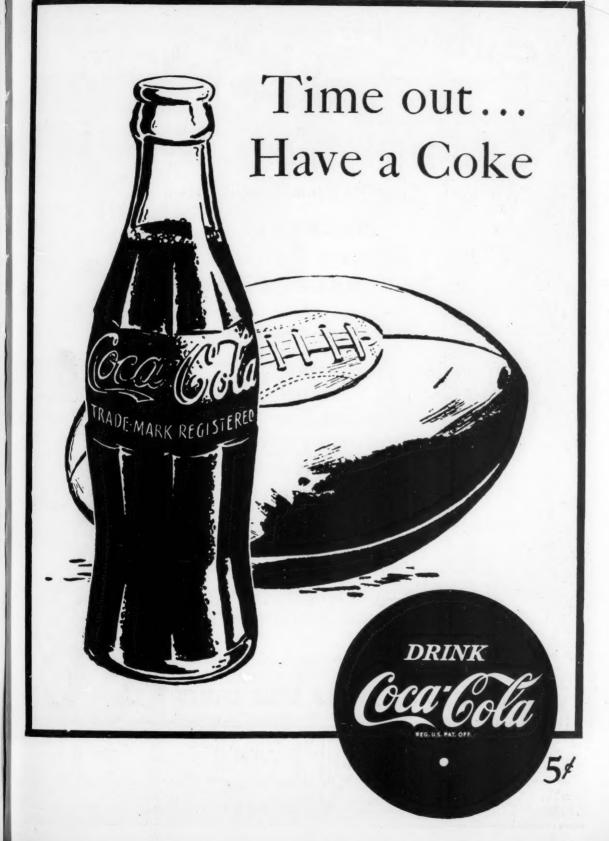
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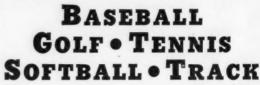
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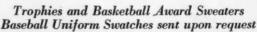
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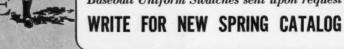
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The Magazine for Coaches, Players, Officials and Fans

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Number 7

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SOUTHERN SCHOOLS LAMAR COLLEGE

Beaumont, Texas

By

JOHN E. GRAY President

LAMAR COLLEGE HAS A COLORFUL HISTORY AND A PROMISING FUTURE

History

THE history of Lamar College really began when the first oil gusher blew in at Spindletop field three miles south of Beaumont in January, 1901. Prior to the Spindletop boom, Beaumont was just a sleepy little sawmill village on the banks of the Neches River. Only a few hundred sawmill workers lived in the pine lumber shanties which clustered around a horseshoe bend in the river.

But scarcely a half-century later that sleepy little sawmill village has been transformed into a bustling industrial community of more than 100,000 inhabitants. The liquid black gold which gushed forth from the salt dome at Spindletop provided the impetus for an industrial expansion which has caused the Texas Gulf Coast to develop

into the petro-chemical empire of the world. And Lamar College in Beaumont is located right smack in the center of this great empire. The past as well as the future of Lamar College is wrapped up in the industrial processes by which petroleum and other raw materials are converted into gasoline, lubricating oils, fuel oils, rubber, nylon salts, and a myriad of other petro-chemical products. Made possible by this industrial wealth, Lamar College is attempting to aid in increasing this wealth for the benefit of mankind by training hundreds of young men and women each year to go into these great industries.

Founded in 1923 by the South Park Independent School District of Beaumont, Lamar College was first operated on the third floor of the high school building and was known as South Park Junior College. The first student body numbered only

Library building, the hub of the instructional program at Lamar College



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125, but within a few years this number had more than doubled.

In 1932 a separate plant and equipment were provided by the South Park Independent School District. The name was changed to Lamar College in honor of Mirabeau B. Lamar, second president of the Republic of Texas during whose administration vast public lands were set aside to found a free public school system. Several new policies were inaugurated resulting in a rapid growth which brought the enrollment up to about 500.

By 1940 it became apparent that Lamar College had reached the limit of its possible expansion under the South Park District. Consequently, the Beaumont Young Men's Business League sponsored a successful election for the purpose of creating a union junior college district, voting bonds with which to construct a new Lamar College plant, authorizing a tax of 20 cents on each \$100 of property valuations, and electing a Board of Trustees to govern the College.

College Plant

The new Lamar College plant built as a result of the election of 1940 is located on a beautiful 65-acre campus facing the Beaumont-Port Arthur highway. It consists of six major buildings, including the Administration Building, Library, Science Building, Union-Gymnasium, Vocations Building, and Auditorium, in addition to the Athletic Field House, Practice Fields, Garage, Workshop,



President John E. Gray. He has "grown up" with Lamar College, having enrolled as a student in the first freshman class in 1923, and played center on the first Lamar football team.

and housing units. Every building is complete with new and modern equipment. All buildings are modernistic and functional and are featured by interesting and beautiful interior colors. The grounds are kept in excellent condition the year round. The entire plant together with all equipment is valued at more than \$2,500,000.

Financial Support

In addition to the local tax of 20 cents on each \$100 valuation, Lamar College receives a state apportionment of \$100 per year per student

from the Texas Legislature. It is hoped that this amount will be substantially increased during the present session. Another source of income is student tuition which is charged at the rate of \$90 per year for students residing in the College tax district and \$135 per year for those residing outside the College tax district.

Student Enrollment and Faculty

The enrollment of Lamar College during the 26 years of its history tells a story of steady growth and (Continued on next page)

A scene from the well kept Lamar campus, showing the Administration and Science buildings



LAMAR COLLEGE

(Continued from page 11)

progress. From the small group of 125 students which enrolled for the opening of classes in the fall of 1923, the student body has steadily increased so that figures in the Registrar's Office on January 1, 1949, showed a total enrollment of 2,218. Of this number, 1,079 were full-time day school students, and the remainder were enrolled part-time in evening school and extension classes. Practically all of the part-time evening school and extension students work during the day in the businesses and industries of this erea.

The faculty consists of 65 full-time members and more than 100 part-time instructors. In the professional preparation and practical experience of its faculty, Lamar College more than satisfies the standards for a college of the first class.

Accreditation

Lamar College is a member of the Southern Association and has been ranked as a Class "A" junior college by the Texas State Department of Education, the Association of Texas Colleges, and other accrediting agencies. Students transferring to other colleges and universities receive full credit for all work completed at Lamar. The institution is fully approved by the American Medical Association and American Dental Association.

In a recent nation-wide survey conducted by a leading periodical, Lamar College was ranked among the top fourteen junior colleges in the nation, the only college in Texas to be so honored.

Future

Lamar College is again at the crossroads. Firmly established as an outstanding junior college or community college, the institution now seeks to serve better not only its own area but the entire State of Texas by becoming a four-year state college of technology. A bill is now before the Texas Legislature asking that a four-year technological college be established in Beaumont and offering to donate the present Lamar plant to the state as a nucleus for the institution. Such a bill was passed by the last Legislature but failed to become law when the State Comptroller refused to certify that funds would be available to put it into effect. It is now apparent that the State will finish the biennium with a surplus of nearly \$100,000,000, so that Southeast Texas supporters of the Lamar fouryear bill feel amply justified in requesting this session of the Legislature to validate the bill.

If the measure is passed, Lamar College will become a technological institution stressing chemical and petroleum engineering, industrial chemistry, plastics, synthetics, and other phases of engineering and technology. This the great hope of Lamar College in the future, as it has been in the past, is to give educational service to the people, when and where that service is needed.

ORGANIZATION OF THE LAMAR PROGRAM

By O. B. ARCHER Dean



DEAN ARCHER

N ORDER to carry on successfully a community college program involving more than 2,000 students, over 60 full time instructors and a like number of part time personnel, delegation and lines of authority must be made. At Lamar this instructional program has been set up under four divisions and each division has its director responsible directly to the Dean. Each division in turn is divided into two or more departments, each department having its head, who is directly responsible to the division director. The divisions set up are: Business, Liberal and Fine Arts, Science and Vocational.

Other services necessary to the instructional program are set up under the Registrar, the Librarian, the Director of Guidance, the Coordinator of Veterans Education, Director of Placement, Testing and Visual Education, and the Supervisor of the Evening Program.

The curriculum is set up with the

advice of the division directors taking into account data accumulated regarding needs of the community. facilities and finances available and instructional personnel which can be obtained. The curriculum is, therefore, changing continually for some parts of the program become no longer in demand, and new offerings are needed. For example, after the close of the war there was no longer any need to train aviation mechanics and welders but there was a strong demand for servicemen for refrigeration and internal combustion engines. Changes were immediately made along these lines. Likewise, the demand for radio repair men reached almost the zero point but recently men trained in Structural Steel drafting have been badly needed. These changes have been carried out accordingly.

Under the direction of the Director of Guidance, all new students must take the Otis test, which indicates simple rate of learning score. Registration advisers base the program planned for a given student on this score, his high school record which is available, his experience and his wishes. No student is told exactly what he must do but indications are pointed out to him on the basis of these findings. Students usually follow the indicated programs though occasionally one insists on a specific program which is questionable for him.

In addition to the testing and advising at registration time each student is assigned to a counsellor and is scheduled to meet with this counsellor at least twice during the semester at specific times.

The Director of Guidance is also available for individual conferences on personal problems on which the student may want assistance.

Visual aids in the form of motion pictures, strip films, slides, charts, and records are available at a central point in the library building. One person directs the care, maintenance, and issuance of these materials. Equipment for use of these aids is placed at strategic points on the campus to eliminate as much moving as possible. Maintenance of this equipment is centered in the office of the visual aids director.

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Job placement is an important part of the program to meet community needs for it is necessary to supply information about jobs available to students as part time or full time work and it is likewise necessary to provide employers with likely candidates. All requests from employers or prospective employers are di-

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rected through the placement office.
The person in charge of this office is greatly assisted by instructors and department heads in making recommendation to employers for they know more about qualifications of applicants.

While the veteran enrollment is steadily decreasing, problems of their education still remain and one person is assigned the duty of this service though now that person is taking on a teaching load and eventually will be shifted to full time teaching when this enrollment becomes almost non-existent. The coordinator of Veterans Education performed a very valuable full time service when 1,000 veterans were on the campus during the day hours and this service likewise remains valuable though the enrollment is now below 300. The load from the evening and extension program has greatly increased though, and the coordinator still has a lot to do.

A portion of the evening program is carried on under the Vocations Division since the greater part of this program is vocational in nature. However, the academic interest and enrollment are increasing and this part of the work is under a full time supervisor. This past semester the number enrolled under this classification was slightly under 300. The work under the Vocational Division usually has about 400 enrolled on the campus and some 300 others attend classes in nearby towns.

This discussion has indicated very briefly the organization of the instructional program and naturally cannot give many details for the whole operation is extensive. It is hoped that the broad outlines of the picture have been made clear.

LAMAR'S COUNSELING SERVICE

By W. J. HOLLOWAY Director, Veterans Advisement Center

AMAR College operates a guidance and counseling service in order to diagnose the individual pupil difficulties and maladjustments. The program provides the following types of guidance and counseling:

confirmation of the student's ambitions and plans.

(2) assistance to students in changing an objective to accommodate interests and abilities.

(3) assistance to students in discovering interests and describing them in realistic terms and aptitudes.

An attempt is made to give such



W. J. Holloway, Director of Guidance and Placement, counsels with a Lamar student, while his assistant, Mrs. Dorothy Hayes, interprets some test scores for a cold.

guidance and counseling that each person who enters Lamar College will receive the educational treatment from which he will profit most. An attempt is also made, to prevent a student from wasting his time, becoming discouraged, and finally dropping out of school because of inability to do the work, poor study habits, lack of interest, or aptitude for the objective.

A democracy demands universal educational opportunities for all the people. Lamar attempts to give a vocational and academic curriculum that will accommodate the interests, aptitudes, and objectives for all levels of ability. The guidance and counseling personnel visits high schools in the area annually. Ability and interest tests are administered to seniors. The groups are broken



Class in radio broadcast. Reading from left to right are Jean Gray, Joe Trum (Instructor), and James Gibson.

The course is open to students interested in the broadcasting backgrounds and techniques developed through preparation and presentation of various kinds of radio programs. A local broadcasting station serves as a laboratory where the students plan the program and operate the station for a day.

up into different fields of interest, such as professional and vocational, for the purpose of counseling. Likewise, ability and interest tests are given all new students applying for admission to Lamar. Every effort is made to guide students into objectives suitable to their capabilities.

Many students seek the advice of the guidance office when they run into difficulties. Many are saved the embarrasment of failure through an early diagnosis of their objectives, abilities, and interest fields.

ADULT EDUCATION

By MARION L. CARIKER Supervisor, Evening School



M. L. CARIKER

THE adult education program in the Evening School for General Education at Lamar College attests to the fact that the old adage, "You can't teach an old dog new tricks," is not only false but unsound in its logic. In a recent survey made in the fall semester of 1948, one hundred fourteen students were interviewed; in this group the ages of the students ranged from seventeen to fifty-one years. Interesting family groups among this number were men and their wives, and a man and his son. the latter of whom was a veteran of World War II.

With classes meeting only four days a week from six-thirty until ten in the evening, the curriculum is designed largely for those persons who hold a full-time position. Under such a program these students may work toward a college degree, pursue

(Continued on page 16)



To the Men Who Lose

Here's To The Men who lose
What though their work be e'er so nobly planned,
And watched with zealous care,
No glorious halo crowns their efforts grand;
Contempt is failure's share.

Here's to the men who lose!
If triumph's easy smile our struggles greet,
Courage is easy then;
The king is he who, after fierce defeat,
Can up and fight again.

Here's to the men who lose!

The ready plaudits of a fawning world

Ring sweet in victor's ears;

The vanquished's banners never are unfurled;

For them sound no cheers.

Here's to the men who lose!
The touchstone of true worth is not success;
There is a higher test—
Though fate may darkly frown, onward to press,
And bravely do one's best.

Here's to the men who lose!
It is the vanquished's praises that I sing
And this is the toast I choose:
"A hard-fought failure is a noble thing!
Here's to the men who lose."

- George L. Scarborough

Courage

We have just returned from an eight hundred mile trip over winding roads, where we saw courage at its bold best. Tulane had fought its way into the finals of the Southeastern Conference Tournament. Kentucky was the top-heavy favorite, picked to win by 40 points, but a tired Tulane team came out fighting and made a real game of it, matching goal for goal throughout the first quarter, and playing on even terms the second half. That is American sports at its best—that is the American spirit! It was worth our long drive to see this example of high courage and sportsmanship.

Welcome South, Edwards

We take this occasion to welcome to the south Bill Edwards, Vanderbilt's Head Football Coach. We are speaking for the high school and college Coaches of the entire south. You will find here, people motivated by the same instincts as those in other parts of the nation. You will find here the same vices and virtues that are found elsewhere. We do hope that our people still uphold the tradition of courtesy, hospitality, and fair play. We extend to you a cordial welcome and wish for you success and many years of useful service!

The Right Kind of People

Gone is the city, gone the day, Yet still the story and the meaning stay: Once where a prophet in the palm shade basked A traveler chanced at noon to rest his miles.

"What sort of people may they be," he asked,
"In this proud city on the plains o'erspread?"
"Well friend what sort of people where

"Well, friend, what sort of people whence you came?"

"What sort?" the packman scowled; "why, knaves and fools."

"You'll find the people here the same," the wise man said.

Another stranger in the dusk drew near,
And pausing, cried "What sort of people here
In your bright city where you towers arise?"
"Well friend what sort of people where

"Well, friend, what sort of people whence you came?"

"What sort?" the pilgrim smiled,

"Good, true and wise."

"You'll find the people here the same,"
The wise man said.

- Edwin Markham.

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LAMAR COLLEGE

(Continued from page 13)

fields of study which will make them more proficient in their present position, or simply take non-credit courses which will enable them to live more completely in this complex society. Many companies in this area have become so vitally interested in the welfare of their employees that they are paying the fees for instruction for those employees who wish to continue study in their present field of employment. In the survey mentioned, proof of the worth of such training was indicated in that seventy-six per cent of those persons interviewed stated that they were at that time taking courses which were of value to them on their jobs. Of particular use, they noted, were the courses in chemistry, mathematics, physics, industrial chemistry, English, office machines, typing, shorthand and speech.

To be practicable for adults varying so widely in age, the curriculum is of necessity both varied and flexible. With a minimum enrollment of twelve students required for each class, this division of the college will offer any of the regular college courses listed in the catalog. In addition, classes are regularly organized in such courses as art, child psychology, conversational Spanish, income tax accounting, techniques in radio broadcasting, screen and stage make-up, flower arrangements, and fabric painting.

It is the desire of this division of the college to extend its educational facilities in order to be of service to a greater number of adults.

THE LIBRARY, HUB OF ACTIVITY AT LAMAR

By JULIA PLUMMER Librarian

NE of the most popular buildings on the Lamar college campus is the \$50,000 library building which is prepared to help in meeting both the cultural and practical needs of the students attending Lamar college. The building is constructed on simple modern lines with special emphasis being placed upon comfort and convenience of those who use it. It also follows the rules for being perfectly placed on the campus as it is truly the central spot, being located between the Administration and Science buildings. At the entrance of the library are two small study rooms designed for students



KATHLEEN MILLER, Lamar's 1948 Homecoming Queen. Kathleen is the third member of the Miller family to be so honored by Lamar student bodies, thus carrying out the tradition of Lamar's Royal Family. Georgianne was the first to bring a regal title in the family when she was selected in 1945. After a one year lapse, Helen brought the title back into the Miller family in 1947. Kathleen is a freshman student majoring in education.

who wish to work together. Judging from the amount of use they are put to throughout the day one would say that they are proving the old theory that "two heads working together are better than one."

Another feature of the library which is always admired is the fire-place with the Lamar Cardinal decorating the mantel and the grouping of comfortable lounge chairs and sofa done in red leather upholstery around it. One rarely finds this corner minus a reader or two.

The present book collection approximates 7,500 volumes and is well balanced and carefully chosen. It is kept up to date by the best of the current titles to be found on recommended lists and other outstanding buying guides. The library contains most of the books recommended on the junior college list and it is a rare instance when the Lamar student cannot find adequate material to meet his needs in the college library.

Not only has every effort been made to supply the junior college student's needs in the fields of reference and supplementary materials, but an attempt has also been made to provide them with a cultural type of literature designed to broaden their tastes in reading for recreational purposes. Here in the Lamar library the student will find the best of the books to be found on the current best seller lists, practically all the plays appearing on Broadway, and keeps abreast of the times, so the library attempts to keep before the students the latest books in every field.

Students attending Lamar college will enjoy reading one or more of the 128 magazines subscribed to by the library and will, no doubt, find many of their favorites. Among these periodicals will be found magazines of all types, from the scientific, educational, sport, pictorial, geographic

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LAMAR COLLEGE

(Continued from page 16)

and historical to those subscribed to "just for the fun of reading." Girls are able to keep up with the latest trends in college styles through several of the better fashion magazines and judging from the well worn covers there is a decided trend to maintain a standard of well dressed coeds at Lamar. Because periodical material has both a reference and historical value the Lamar library binds many of its magazines and has excellent files of the majority of those indexed in Readers' Guide.

To assist students in their use of the college library, a short course is given at the beginning of each semester on the principles of using the library. This course is adapted not only to be helpful while attending Lamar college but is designed to meet the needs of the future whether it be while attending a senior college or using a public library. The student who uses the Lamar library will have many pleasant memories both of a cultural and utilitarian nature.

SCIENCE DEPARTMENT

By NORRIS H. KELTON Director, Science Division



N. H. KELTON

THE Gulf Coast area is highly industrialized and is generally conceded to be the fastest growing center of the chemical industry in America. Lamar College is in the heart of this area. The location of the college has had a definite influence on the development of the science training program. The concentration of population and industry has combined to furnish many



The Vocations Building at Lamar College houses shops, laboratories, and classrooms for courses in refrigeration and air-conditioning, machine shop, electricity, industrial and diesel engines, and drafting.

advantages from the teaching standpoint as well as a sufficient number of students to make possible a broad offering. From the very beginning there has been an unusually heavy enrollment in the science and engineering courses. Students are conscious of the need for, and opportunities open to, well-trained personnel in these fields.

The first major step taken by the college to take advantage of this situation came in the 1940 expansion program. A well-equipped science building was provided. The building contains classrooms, a large lecture hall equipped with the latest type demonstration and motion picture facilities, four chemistry laboratories, two physics laboratories, three biology laboratories and storeroom and office space for each department. Space for drafting rooms is provided in the Vocational Building.

With adequate physical facilities available, a broad curriculum has been developed to meet the needs of students seeking either technical or non-technical courses in the sciences. Full advantage is taken of the fact that the concentration of industry in the area affords the student the opportunity of coming in contact with men in his field and of observing directly the numerous processes and practices about which he studies in the classroom. Field trips are a regular part of laboratory and club practice. Professional clubs are used as a means of bringing the student in contact with top-flight men in the professions. Many students find parttime or summer employment in the local industrial plants both profitable and educational.

A nurse's training program is carried out in cooperation with local hospitals. A special course in industrial chemistry is offered in an attempt to supply industries with trained laboratory personnel. Courses of a popular nature are offered in the fields of biology, physics and chemistry. Students in the fields

of medicine, nursing, the pure sciences, and in the various branches of engineering find courses of study outlined that upon completion place them in full junior standing in the major colleges and universities of the country.

BUSINESS DIVISION

By NORMA SCHWARZ HALL Director, Business Division



NORMA SCHWARZ HALL

When a student enters the business division of Lamar College, he selects one of two routes that of preparing for upper division standing in a senior college or that of selecting terminal courses that will qualify him for employment upon completion of two years' training. In order to receive full transfer credit toward a bachelor's degree, the student follows the program suggested by the college to which transfer will be made.

A terminal program was added to the offerings of the business division in 1941 as the result of the findings of a survey of local business and in-

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dustry. The survey made apparent the need of a more diversified and practical program; therefore, in addition to the courses offered to students preparing for upper standing in senior colleges, a two-year program of business or semi-professional training was added.

Up-to-date equipment valued at more than fifteen thousand dollars includes typewriters (standard and electric models), comptometers, calculators (hand-driven and electric), bookkeeping machines, duplicating machines, and Dictaphone.

During the war- and post-war years, terminal offerings have been enlarged and altered to fit changing community needs. New industries and population increases have created an immense demand for well-trained employees. Only 20 per cent of the students return for a second year's training because of the splendid employment opportunities offered them at the end of the first year; therefore, an accelerated, con-

centrated course is offered in the freshman year. Often a year is a long enough time for a student to become proficient in the necessary

knowledges and skills.

Most of the students return for the second year work during their three months' vacation. Others work part time during the months they attend college.

During the second year a continuation of skill-building subjects is offered with supplementary work in the fields of history, speech, psychology, and government. A definite attempt is made to train students to become efficient office workers and well-rounded individuals who will continue to be valuable members of our community in future years. They are encouraged to take part in activities such as band, chorus, play production, and clubs.

Upon entering the terminal program, the student chooses between training in general business and accounting and in the secretarial field.

The general business and accounting program includes courses in English, mathematics, office machines, typewriting, bookkeeping, general office practice, accounting, speech, government, economics, typewriter repairs, and electives. Electives include comptometer and bookkeeping machine courses as well as courses offered in the liberal arts division.

(Continued on page 48)

Upper left: the main reading room of the Lamar Library.

Upper right: Lamar's modern cafeteria where "excellent food and plenty of it, at a reasonable price," is the motto.

Lower left: a class in office machines course.

Lower right: One of the four chemistry laboratories in the Lamar Science building.



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In Track It's Important —

PRACTICE SCHEDULE

By NORRIS DEAN Track Coach, Georgia Tech

THE following discussion is a general plan that we use here at Georgia Tech to condition our varsity and freshmen for competition. Of course, this schedule should be altered to fit the personnel involved. We outline this for our top men in each event and prescribe the same general procedure, with not quite as much work for our less talented men. We find that our second and third place boys by mid-season are approaching the same conditioning attained by our best performers.

The first two weeks of practice should be spent in all types of strengthening exercises — jogging short distances and striding to get the legs and muscles in condition before any hard running is attempted. We do not recommend continuous jogging in early season because of shin splints. This conditioning procedure should hold true in all track events.

The fourteen different events in track may be grouped as follows and participants in each group may, more or less, follow the same routine in daily workouts.

1. DISTANCE RUNNING

A. Two-Mile Run

Monday — Three to five miles continuous running at steady pace or three miles, running individual quarters at the normal pace the individual runner uses in his two miles run, with a rest period of from three to five minutes between each quarter. As an example: 70 second quarter with three minutes rest and subsequent quarters — 74-74-72-72-76-76, etc. In addition to getting overdistance work, it is an excellent way to improve pace.

Tuesday — Speed Work. 880 yards, striding the first 660 and sprinting the last 220. After five minutes rest, 660 — striding 440, sprinting the last 220. After ten minutes rest, 440 — striding 300 and sprinting 140. As soon as the runner feels he is able, 220 — striding 150 and sprinting the last 70.

Wednesday - Three-quarter distance for time. Coach Dean has had remarkable success since taking over as Head Track Coach at Georgia Tech in 1944. His teams won the conference championship in 1944 and 1945, and were runners-up in 1946 and 1947. His 1948 team was undefeated in duel meets, but due to injuries to key men late in the season, finished fourth in the conference meet. His current team has already served warning of its strength by winning the Carolina Indoor meet.

This practice schedule which he follows in training his men should be very helpful to other track coaches.

Thursday — Any additional work that runner might need and a good day to polish up on form.

Friday — Complete rest. Saturday — Competition.

B. The Mile Run

Monday — Two or three miles continuous running at a steady pace or two miles, running quarters with three to five minutes with rest between each. These quarters should be run at the regular pace of the individual. As an example: 64 seconds, 68 seconds, 70 seconds and 66 seconds for a 430 miler.

Tuesday — Sprint Work — 660 — striding 440, sprinting the last 220; 440 — striding 300, sprinting 140; 220 — striding 110, sprinting 110; 110 — sprinting all the way.

Wednesday, Thursday, Friday and Saturday — last of week same as two mile.

2. MIDDLE DISTANCE A. 880 Yard Run

Monday — Over-distance work. Continuous running one and a half to two miles, or three or four quarters at regular pace with three to five minutes intervals between each. For example: 56-58-60.

Tuesday — Sprint Work — Two 220's at top speed and two 110's at top speed. A short time might be spent working on the starting.

Wednesday, Thursday, Friday and Saturday same as distance runners. B. 440 Yard Dash Monday — Over-distance — One and a half to two miles continuous running, or three or four quarter miles at 56 to 60 seconds each.

Tuesday — eight or ten starts from the blocks by the gun, sprinting out 40 to 60 yards at each start. Then do part of the sprint work with half milers.

Wednesday, Thursday, Friday and Saturday same as distance runners.

3. SPRINTS AND HURDLES

The sprints and hurdles are very much alike in that they require speed, efficient starting and alertness.

Monday — Over-distance work for sprinters, striding three 70 second quarters and two 30 second 220's, or continuous jogging for a mile. Hurdles, do same after they have had a good work out of both high and low hurdles. It is vital that hurdlers work over the hurdles each day in order to maintain the timing required for these races.

Tuesday — Eight to twelve starts with the gun from the blocks, running 30 to 50 yards for the sprinters; and hurdlers should approach the hurdles from each start, running from one to three hurdles. After this work is completed both hurdlers and sprinters should take three laps around the track, sprinting the straight ways, walking the curves.

Wednesday, Thursday, Friday, and Saturday — same as distance runners.

4. JUMPS

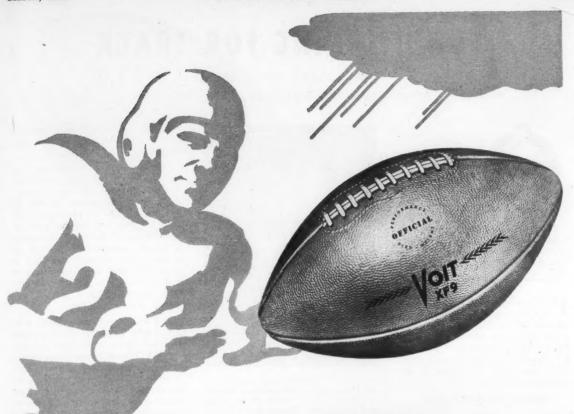
A. The Pole Vault requires a definite routine as does the other events. We find that gymnastics is fine for the pole vaulter and encourage him to go out for the gym team or indulge in gympastics as much as possible. The things that we stress most in pole vaulting are:

(1) Development of arms, shoulders, wrists and grip.

(2) Speed and relaxation while carrying the pole.

(3) Maintaining speed or increasing speed slightly upon approaching the take-off blocks.

(4) Delay the arm-pull as long as possible, allowing the feet to get as (Continued on page 46)



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CONDITIONING FOR TRACK

By ROBERT L. CHAMBERS

Athletic Trainer and Track Coach, Duke University



This is another in a series of Articles on Athletic Training, written by members of the Southern Conference Trainers Association.

In discussing the word "condition" as it applies to track it might be well to divide the year into three major training periods. Each period has different immediate objectives, but the end product of all is to turn out a man who is physically and mentally ready to perform.

OFF-SEASON TRAINING

In the fall of the year while the distance men are running cross country, there should be a two to three month season of training for the rest of the track squad. This will include the men from the half mile on down through the shorter distances and the field events. Top conditioning is not required here, and the coach is presented with an excellent opportunity to teach the fundamental techniques of each event. Great emphasis should be placed on correct running form during this period of training. The mechanics of running should be broken down into arms, legs, and body and separate drills instituted for the correct usage of each. It is here that you have your best chance to correct "toeing out" and high, cross swinging arms. Now is the time to lengthen the choppy stride or cut down on the over-stride.

PRE-SEASON TRAINING

This period should precede by several weeks the start of the intensive training for competition. We are primarily concerned here with creating good muscle tone in the performer. Specific calisthenics drills should be started that will create a suppleness of muscles and a flexibility of joints so necessary to the good track man. "Hamstring" and quadriceps stretchers, along with "ankle



Robert L. Chambers is a graduate of the University of Illinois where he was a member of the football, wrestling, and track squads. He coached at Louisville Male High School, Louisville, Kentucky for three years before going to Duke University in 1933 as Head Trainer and Assistant Track Coach. He has served as Head Track Coach and Athletic Trainer at Duke since 1938.

rotators" and general body bending, should be the basic exercises used in these drills. A great deal of easy running during this period of training will improve the wind and toughen the feet. Care should be taken that the workouts are not strenuous enough to exhaust a man at this stage of training.

SEASONAL TRAINING

As the competitive season nears, the coach should put his equad on a carefully planned weekly work schedule. It should be designed to fit the general training needs of the squad but flexible enough to cover individual wants. The coach is now primarily interested in whipping his men into top physical and mental condition, but he should not overlook certain flaws in techniques that are apt to show up in competition. A casual correction will suffice as "over coaching" is more harmful here than in the off-season period. A great deal of "pace" work should now appear in the daily schedule as a good runner must be a keen judge of pace and this is acquired only through constant drill.

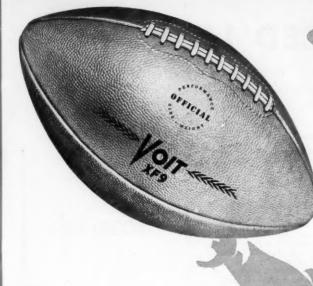
As the season progresses, the training tempo should increase to fit the abilities of the men. Careful watch should be made of individuals to see that they do not reach their peak too soon and become stale before the end of the season. Staleness is usually associated with loss of weight, poor appetite, inability to sleep well and other symptoms of systemic rebellion. This may be partially alleviated by a "lay off" and change of daily routine.

It might be well to acquaint your squad with the physiological changes that take place in the body during a race. A distance runner should know that it is impossible to run a race without building up an oxygen debt. He should also understand that the purpose of the continual running that he does in practice is to create a tolerance to this oxygen deficit so that he may finish his races without losing his form. Most of the runners who "tie up" and lose their form as the race ends are suffering from a mental let-down which allows the accumulated fatigue products to take control of their bodies. If a runner thoroughly understands this he is apt to have less fear of running himself out before the end of the race. He will also be more receptive to a rigorous training regime.

PREVENTION AND CARE OF INJURIES COMMON TO TRACK

The feet and lower legs probably cause the track man more trouble in the early part of the season than any other parts of his body. A great deal of this can be prevented by the coach or trainer. A careful inspection of the feet for callouses, corns, and bunions that need treatment before the season begins will save "work days" later on. "Shin splints" are usually caused by improper weight bearing due chiefly to faulty foot or ankle mechanics. Most of the arch trouble found in track men comes from a lack of flexibility in the joints of the foot. Both of these con-

(Continued on page 49)



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UNBALANCED LINE "T"

By ROBERT G. TROCOLOR

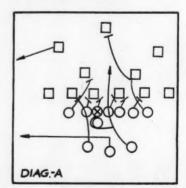
Director of Athletics and Head Football Coach, Bergen College, Teaneck, N. J.

THE unbalanced "T" is the most powerful offense in football. It is a system where the "T" backfield has been joined with the power and effectiveness in blocking of the unbalanced line. Many schools today are using the single wing unbalanced line as an offense in itself. Others, too, are using the popular straight COPPER formation with the balanced Both offenses while being sound and effective must give way to something better in the mechanics of football. The rage of the past few years has been the "T" as run by the Chicago Bears and more recently by the undefeated Army eleven. I feel. however, as originators of a new offense, that the T formation with the unbalanced line not only co-ordinates speed, agility and power, but makes for more potent blocking, especially in high school realms. Recently many schools have been using both a single wing unbalanced line set-up and the balanced "T". Many coaches still insist on using the unbalanced single wing while adjusting themselves to the "T" with its wide variations. The "T" with the balanced line is very hard to teach in high school because there is hardly any double-team blocking in the power slots. It is a hard task in the time allotted, to teach high school boys the art of blocking a guard, tackle, or an end alone, especially when he does not have the angle. This is true even with the unusual team at St. Mary's High School, of Rutherford, New Jersey. The much heralded New York Giants offense was used in 1943, where guards and tackles in particular were called upon to block opposing linemen unaided, and the net result was 80 yards gained per game, as against 300 yards per contest in 1944, in the unbalanced "T". Therefore, the writer has combined the "T" with the unbalanced line to make one well-knit, powerfully co-ordinated offense. Our unbalanced "T" coordinates effective double team blocking with a speedy backfield that hits a hole with the greatest amount of speed with no lost motion.

Robert G. Trocolor is a graduate of Long Island University, and took his Masters degree at Columbia University. He played pro-football with the New York Giants and Brooklyn Dodgers for five years, and coached the Patterson Panthers of the American Football League in 1946.

He first used the Unbalanced Line "T" while coaching at St. Marys High School of Rutherford, New Jersey, and continued with it at Bergen College. In the first six years of its use his teams have scored 1,254 points, an average of 209 per season, winning 51 games, losing 11. His team last season went undefeated in 9 games and was not scored upon in the first 8. Bergen finished seventh in the nation on offensive, scoring 274 points to 13 for the opposition.

We illustrate one play here, where it is shown that a halfback hits inside guard, with 2 men blocking with the least possible delay.



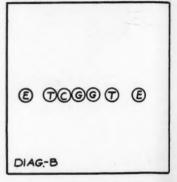
(Diagram A)

Man in motion used to decoy halfback and backer up over to make blocking easier for left half and left end.

Note the double-teaming of the two offensive guards, tackle and center on the opposing guards. In our offense the line is unbalanced of course, with the guards on the strong side, then the tackle along with the weak side tackle and end, respectively.

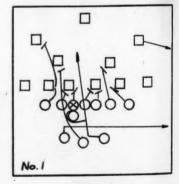
(Diagram B)

The backfield is lined up with the fullback 4½ yards behind the center, and the two halfbacks arms distance apart from the fullback. The halfbacks should line up slightly inside



the tackle, with the left half in the split, both being four yards from the line of scrimmage. The left halfback can vary his distance according to the play. The quarterback lines up directly behind the center and handles the ball as he would in any unbalanced "T" play.

Examples of some outstanding plays which have gained considerable yardage, are plays that run inside tackle, because it is here the unbalanced "T" has it's greatest power.



(Play #1)

Here in play #1, the left half goes in motion to the right, the fullback plunges and fakes receiving the ball from the quarterback and blocks the backer-up or the tackle coming through. The right half fakes to his left, allowing for the complete spin and fake by the quarterback, and takes the ball from the quarterback and hits between the two defensive guards, who are double-teamed by the guards and center.

(Continued on page 47)



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FAST BREAK AND TIP-IN

By Thurman "SLUE" HULL Basketball Coach, Lamar College

Two of the most deadly and devastating weapons used in basketball today are the fast break and the tip-in. They are means whereby a team can gain an advantage more quickly and surely than by any other means. The principles involved in these two fundamentals tend to encourage hustle and alertness in your boys. The size of your crowds and the percentage of won-lost will cause any coach to give these two methods careful consideration.

THE FAST BREAK

The fast break employed carefully and skillfully is not a "helter-skelter." wild brand of basketball. It is a skill and a method of attack that not only increases your number of baskets but causes your opponents to be more cautious with their offensive attack. If an opposing coach knows you have a fast breaking team, he cannot send as many of his players into his offensive attack as he could otherwise. There are requirements for a fast break just as in any other fundamental: 1-Height, 2 - Speed, 3 - Good ball handling, 4 - Drive, 5 - Condition. These prerequisites are essential to a fast breaking team.

The fast break as employed at Lamar College has definite, designed patterns and theories of maneuver that are simple yet effective.

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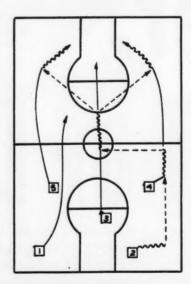
E. J. CLARKE

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"SLUE" HULL



The relative position of the players on the defense after the opponents have shot is shown in the diagram. Assume that the playing court is divided into three imaginary lanes—two side lanes and one down the middle. The theory that the shortest distance between two points is a straight line is employed in the

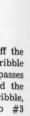
break. If #2 takes the ball off the board, he takes one short dribble toward the corner and hook passes to #4 who has moved toward the sideline. #4 takes one short dribble, if necessary, then passes to #3 breaking down the center lane. #3 may do either of three things: (1) Pass to 4. (2) Pass to 3. (3) Keep the ball and drive to the basket. #1 is the trailer and follow up man. #2 is the safety. This is the continuity:

- 1. Pass down the sideline lane.
- 2. Pass to the center lane.
- Keep or pass to either sideline lane.

If the team cannot get down the court and score or get a good shot in approximately five seconds, the break should evolve into an offensive setup.

THE TIP-IN

At Lamar College, all basketball players are taught to tip the ball instead of catching it with two hands on the follow-up. The reasonplace a ball in the hands of one of your players and tell him to raise the ball as high as possible above his head, then tell him to hold the ball on his fingertips of one hand and raise the ball - notice the difference? There are at least six valuable inches difference. On the tip-in the players work as a team. There are usually three players in position for a tip-in regardless of the offensive system being employed. Do not expect the player to tip the ball in the basket everytime. It is necessary to keep tipping the ball in an upward direction until one of the players who has worked himself into an advantageous position can time his jump and make the basket. Many hours of practice are necessary in learning and developing judgment, jump, tip coordination, ruggedness, and finesse necessary in perfecting this valuable fundamental of a great game. When employed correctly, though, those shots that your players have been missing will turn into heart-breaking baskets against the enemy.



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DEVELOPING LINEMEN

By JESSE J. HAWTHORNE, JR. Line Coach, Lamar College

A LTHOUGH games are still won and lost by halfbacks succeeding or failing to carry out assignments on pass defense or to cover quickly to the outside on end sweeps, the fact remains that much credit is due the men up front. It is now an established fact that the success of the team depends heavily upon the desire, determination, and ability of the linemen.

In choosing linemen, Lamar College uses the three qualifications in the same order as mentioned above. The desire to participate and the love of personal contact must be the forerunner of all qualifications for a lineman. Many boys have reported to us who knew very little of personal contact. These boys could tackle and block but real viciousness and aggressiveness were lacking from their performance. They had finished high school without the knowledge of how it felt to make a head-on tackle or jarring shoulder block. Such boys were not really afraid but were just a little hesitant of such an act. The coaches' first job was to introduce contact to these boys thus proving that injury was not the result of rugged, aggressing

One of the stunts used at Lamar to help introduce contact is head-on tacking. Two dummies are set five feet apart. The runner lines up three yards to one side and the tackler two yards on the other side. The object is to tackle the ball carrier before he gets to the dummies. Another such stunt is to make two men get down in different positions facing each other one foot apart. At a given signal each tries to block and drive the other backward with a shoulder block, each using the same shoulder. Along with these stunts sound fundamentals of blocking and tackling are taught and through proper execution of these drills the boy develops self confidence and the proper use of his shoulder both as an offensive and defensive weapon.

The determination to play hard, fair and to win must also be taught. In our opinion some coaches fail to arouse this spirit and determination



JESSE J. HAWTHORNE, JR.

by repeating stunt after stunt without conducting them in a competitive manner. For each stunt a winner should always be named. Proclaiming the victor is all that is necessary. Rewards are not needed. On the Lamar practice field all sprints and races are timed and a winner named. In fact, the stop watch is in almost constant use during practice periods at Lamar. Another stunt used to arouse the competitive spirit is to pair the boys and have each pair get down on all fours and interlock heads and shoulders. At a given signal each tries to drive the other backward using the head, shoulders and legs. This stunt not only develops the neck, shoulders and legs, but gives the boy some indication of the strength and drive needed to root out an opponent.

Another drill is to have sets of linemen compete on pass protection. Each team defends five successive times. A headgear is placed on the ground about seven yards behind the right offensive guard. The center snaps the football and the defensive linemen try to evade their blockers and pick up the headgear. The offensive boy who lets his defensive man get to the headgear is declared

the loser. A stop watch is used to measure the time each offensive team holds out the defensive team. The defensive team may play a five, six or seven man line. Competition in both stunts is great and each boy is determined to outdo the others, and at the same time he is being drilled in switch-off blocks, blocks best to use for pass protection, and the value of team play.

Desire and determination are followed closely by ability. A boy with great potential ability is a total loss to the team if he is lacking the desire and determination to play. Football sense, speed, agility, height, weight and other physical factors all join to determine the ability of the boy. Each boy at Lamar goes through many drills to improve his ability. He is well groomed in the basic fundamentals of football. However minute, they cannot be over-looked from the proper stance to teamplay. Each day the linemen form a circle and each boy takes his turn in the center on all fours, moving forward, backward and sideward with all the speed he can muster. This spinning and moving develops the shoulders, arms, and legs as well as teaches the boy to control himself and improve his reactions. Practiced each day, much improvement can be seen in the large awkward boys. The boys are then paired off and each pair about a yard apart get down on all fours facing the coach. The coach moves his hand up, down, to either side, forward and backward. Each boy moves one step in the direction indicated by the hand movement. These didoes help to develop the desire and determination to outdo the other fellow. Quick reactions and agility also result. Each day the linemen are exposed to trap blocking. The old stunt is used where the defense man is exposed either to being blocked or trapped.

Eight boys are used at a time. Blocker A and B can either block C to the right or to the left or let him through to be trapped by D who always moves as indicated on the given signal as if he were going to trap on each play.

The linemen at Lamar spend approximately thirty minutes each day going through stunts, drills and individual calisthenics. Through these many stunts and drills it is believed that the boy achieves the proper desire, and determination to play the game. At the same time he becomes well groomed in blocking, tackling, football sense and other necessary fundamentals of line play.

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Lamar Has Well Organized

ATHLETIC PROGRAM

By STAN LAMBERT Director of Athletics

A T LAMAR the entire intercollegiate at athletic program, the academic Health and Physical Education courses preparatory to a degree in that field, the required physical education activity courses and the intramural program are under the direct administration of the Director of Athletics. Although all phases of that four-fold program are on his shoulders, he has chosen to limit himself to the setting of all the general policies and then to employ men on his staff who possessed the ability and necessary educational background to take full charge of the specific details incidental to their particular assignments. Jesse J. Hawthorne, Thurman B. (Sleu) Hull, and Dave Engman complete the personnel of his staff.

As director of athletics his duties include: compilation and administration of the budget, making the various schedules, employing officials for the intercollegiate contests, planning trips, making purchases incidental to the department through the college business manager who has charge of all the school finances, and making recommendations to the college president as to improvements and policies within the department.

As head of the academic physical education, he selects the courses to



Coach Stan Lambert is a graduate of Baylor University. Before going to Lamar College he was Athletic Director and Head Football Coach at Austin High School. Stan has been active in the Texas High School Coaches Association, and is now Publicity Director for that body.

be offered, supervises the teaching and course of study in each, sets general policies and represents that department for the college.

His duties in regard to the required physical education courses are largely confined to the selection of the activities to be taught, outlining a general course of study, making arrangements for the physical facilities and equipment and supervising the teaching. In the intramural department, he selects the activities to be offered, makes all purchases and assists the intramural director in any way possible.

All policies and plans are made after conferences with the person who will carry them out. This general policy stimulates initiative in each staff member and encourages him in making the best showing possible.

Hawthorne has the responsibility of teaching the academic physical education courses that are designed to give the beginning student in the field of physical education his first two years of preparation for his teaching career. He has the background to set up and teach the courses because of his bachelor's and master's degrees and the fact that he has already taken his preliminaries toward a doctorate. In selecting both the courses and the subject matter for each course, the fact that Lamar's courses must dovetail with the junior and senior courses in our major universities and colleges is kept uppermost in mind. With that in view, Lamar offers the following courses in the physical education department:

History of Physical Education Minor Sports and Games Personal and Community Hygiene Organization and Administration (Continued on page 40)



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Traveling Round the

SOUTHERN CONFERENCE

with JACK HORNER, Special Staff Correspondent

Step up and meet George Barclay, new head football coach at Washington and Lee. . . The 38-year-old Barclay replaces Art Lewis, who went to Mississippi State as Slick Morton's line coach. . . Barclay, who hails from Natrona Heights, Pa., was a brilliant guard at the University of North Carolina and his senior year made the Associated Press All-America. . . That was in 1934 under Carl Snavely. . . He played a year of pro ball with the Brooklyn Dodgers before an injury caused him to give up the game in favor of a job as a salt salesman. . . The coaching bug got George and he signed as line coach at Virginia Military in 1936. . . Then came three years as freshman coach at his alma mater. North Carolina, while he spent a year at Oberlin College as football coach and basketball mentor before going to Dartmouth as line coach in 1941 and 1942. . . After three years in the Navy, during which time he had line coaching assignments under Rex Enright at Georgia Navy Pre-Flight School and Don Faurot at Jacksonville Naval Air Station, he went to Maryland as line mentor in 1947 and 1948. . .

One of football's oldest coaching partnerships was broken up recently when Max Reed resigned as Carl Snavely's line coach at the University of North Carolina. . . Reed had been Snavely's No. 1 assistant for 20 years. . . Snaverly replaced him with Marvin Bass, youthful William and Mary line mentor. . . The Tribe line had given Snavely's Tar Heels plenty of anxious moments the last three years. . . In fact, it was William and Mary which tied Carolina last Fall to spoil an otherwise perfect season. . . "We're happy to have this guy on our side," Snavely said of Bass. . . Peahead Walker, hoping to make his T formation more potent, has signed George McAfee, former Duke All-America to help coach Wake Forest next Fall. . . McAfee starred last season with the Chicago Bears. . . "I'm anxious to get started as a coach," McAfee said upon his arrival at Wake Forest for spring drills. . . "I could play two or three more years of pro ball but I couldn't go on forever and I thought I'd be better off in the long run by taking a coaching job now.". . .

Other coaching assignments around the conference find Denver Crawford, former Tennessee All-America lineman, quitting the pro ranks to become line coach at Washington and Lee under George Barclay. . . And Ed Austin, a standout end at Duke for the past four years, has been appointed an end coach on the Blue Devil staff. . . Lee Gooch, veteran baseball manager and scout, is the new baseball coach at Wake Forest. . . North Carolina is spending \$130,000 to make the visiting press and radio more comfortable at home football games of the Tar Heels. . . The new press box will have three levels, one for newspapermen, one for radiomen and the top deck for photographers and newsreelmen. . . A double deck guest box is included in the plans. . .

Incidentally, Charlie (Choo Choo) Justice's stomach ailment has been diagnosed as a bad appendix. . . The All-America halfback will undergo an operation in the Spring to be in top shape for his senior year next Fall. . .

Burt Shipley is in his 27th year as baseball coach at Maryland. . . And still going strong. . . Ship, as he is called, keeps rolling along like Old Man River. . . Frank Howard, almost kicked out after the 1947 losing season, received a resolution of commendation from the South Carolina House of Representatives for Clemson's undefeated football season and Gator Bowl victory over Missouri. . . Howard admits it's a great feeling to be on top. . . We hope you stay up there, Frank. . . John T. Cox, efficient director of the William and Mary news bureau, has accepted the postion of sports publicist at the United States Naval Academy. . . Nice going, Johnny! . . . Halfback Dick Travagline, highly-touted Wake Forest freshman, broke his leg in spring football practice. . . Coach Peahead Walker has switched hardrunning Billy Gregus from halfback to fullback. . . He replaces graduated Bud Lail. . .

Several schools tried to lure John H. (Bo) Rowland away from George Washington University after his highly-successful first year job with the Colonials last season, but athletic director Max Farrington announced the other day that he had signed Rowland to a long term contract as head football coach. . . Terms or length of the contract were not revealed. . . The Southern Badminton Association will stage its annual tournament at the University of North Carolina, April 1-2-3. . . The meet was held in Atlanta last year. . . Duke's Blue Devils flew to their first basketball game when they played George Washington's Colonials in Washington, D. C. . . Duke flew home after the game, just an hour's flight, and the boys were back in their dormitories shortly after midnight. . . James G. Meade, former Maryland assistant, has been named backfield coach at Furman University, while Chan Caldwell, LaFollette, Tenn., High School mentor, is the new end coach at Furman. . . Meade succeeds George Cafego, who went to Wyoming University. .

At last count, no less than seven members of North Carolina's Sugar Bowl squad had been signed to professional football contracts... They include Hosea Rodgers, Bob Kennedy and Mike Rubish, Los Angeles Dons; Bob Mitten, Chicago Bears; Joe Romano, Detroit Lions; Len Szafaryn, Washington Redskins; and Ted Hazelwood, Cleveland Browns... Davidson steps out next Fall by taking on Army's Cadets at West Point... By the way, there's not a scholarship player on the Davidson quint which finished among the top teams in the conference cage race... Three of the regulars are three-sport men; five of the first seven players are two-sport stars...

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Texas

ROUND-UP



By STAN LAMBERT, Football Coach, Lamar College, Beaumont, Texas

READ YOUR LEAGUER

High school athletics are going through a period of transition that the progressive coach is recognizing. This is particularly true in regard to legislation. There was a time that if a coach kept up with the articles in his professional publications and read the various rule books his professional literary requirements would be satisfied; but that is no longer the case—in Texas, anyway. The coach who does not read the INTER-SCHO-LASTIC LEAGUER, the official publication of the League, is probably worse off than the one who fails to read the rule books. At least he can hire officials to interpret and apply the playing rules. The athletic situation in our state is changing so fast that the coach who is not familiar with the League's activities and legislation is letting himself in for some trouble.

WHAT TO READ

The LEAGUER has some departments that the coach should put on his "must" list. Probably the most important of these is "Official Notices," which is exactly what the one-column heading signifies. It will give the latest action of the League as well as deadlines and other very valuable information that every coach should have.

Next, we would recommend the editorial page. It will show you what the League is thinking and certainly casts the shadows of what will be tomorrow's news. The coach who reads this section carefully is never surprised at what happens, because information and opinions are carried to the men who do the voting in these columns.

We can also recommend Rhea Williams' column "Post-script on Athletics" very highly. In the first place, his writings have "the voice of authority" since he is Athletic Director of the League; and secondly, he can write. There are also numerous articles written by guest writers who are specialists in various fields. You will not agree with all of them; but it will at least tip you off as to how the other side is thinking. We can't recommend our column very highly, but it'll be there. Other features from time to time will catch your eye, so we cannot urge too strongly that you devote thirty minutes to an hour every month with the LEAGUER. It might also be wise to rig up some kind of file for them just as you do your other professional literature. It might be invaluable sometime.

THANKS A MILLION

We are deeply grateful to a number of southern coaches who voiced their opinions to us about the advisability of Texas' affiliating with the National Federation. We got them as a result of contacts we had made through this column, and this bit of help alone was enough to justify our time and effort in writing these lines over a three-year period. We got different opinions—just as we expected to—but that made them all the

more valuable. However, the Texas coaches have gone on record as being against affiliation; but of course, we can't predict which way the administrators will vote. We hope that the other southern coaches will not interpret the Texas' coaches attitude as "uppity," because that is not the case. They just feel that they have a fine organization as it is and hesitate to make a move that might jeopardize it.

We are also indebted to Ed Eubank of Birmingham's Ramsay High School for the information on how Birmingham is using a Thanksgiving Day football game to contribute to the budget of the Crippled Children's Clinic. The souvenier program that he sent under separate cover showed that over a span of thirteen years the game had netted a total of \$1,028,790.35 to this worthy project. We suppose that all coaches sometimes get to thinking "What's the use?", but invariably something like this will pop up and supply the answer and he is able to carry on. Thanks again, Ed.

TEXAS COACHES HELP, TOO

Although the Texas High School Coaches Association has never tackled anything that big, it is also pretty proud of some of the work it has been able to do as a result of monies derived from the all-star game. However, they have limited their aid to boys injured playing football

Its most recent action was to purchase a wheelchair for Juan Diaz, a Three Rivers football player who has been paralyzed over a year following a football injury. Furthermore, they appointed a committee composed of Grady Hester of Corpus Christi and Weldon Phillips to investigate the case and take any steps they thought necessary even if it meant sending him to a clinic for a complete checkup. If he is found to be permanently disabled he is covered by insurance that the Association carries on a maximum of 40 boys in every school in Texas whose coach is a member of the Association. At the same meeting the board voted to raise Orbie Dee Jacobs' monthly check to \$30.00 per month and purchased two \$1,000 maturity value bonds and earmarked them for him to be used at the time of his mother's inability to care for him. Jacobs is permanently disabled as a result of a football injury incurred at Cisco. We don't remember the exact date that the Association started contributing to Orbie Dee's needs, but it has been at least 10 years. Such projects are really worthwhile, and the ones who are deriving the most pleasure from them are those who have done the most work.

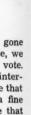
HELP THE BOARD WITH THE DRINKING PROBLEM

The Association has also contacted every sporting goods dealer that will be at the coaching school and requested them not to put up bars in their hotel suites at the coaching school. Whether they respond favorably

(Continued on page 54)

A POWER ON THE DIAMOND

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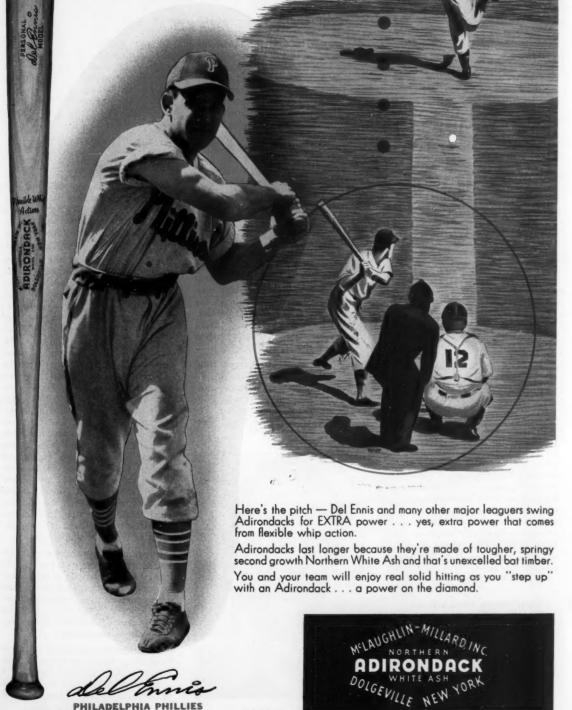
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ATHLETIC PROGRAM

(Continued from page 34)

of Physical Education . . . Major Sports Coaching — Football Major Sports Coaching — Basketball

Coach Hawthorne's athletic assignment is coaching the Cardinal line.

Thurman B. (Slue) Hull has charge of the required physical education for men in the college. Except for setting up the general course of study and the general policies and objectives that the department would expect to achieve, this department is Hull's responsibility. The general course of study and the length of time for each activity is set up in the following schedule:

Fall

"Flag" Football	5 weeks
Basketball	4 weeks
Boxing	2 weeks
Self defense	1 week
Mass Games	1 week
Recreational Games	1 week
Tumbling	2 weeks

Spring

Volleyball									3	weeks
Speedball					,				2	weeks
Tennis				,					3	weeks
Track									3	weeks
Softball									5	weeks

Mr. Hull also has a full assignment in intercollegiate athletics as he is basketball and track coach and handles the scouting and some duties as an assistant coach in football.

Dave Engman has complete charge of the men's intramural program. From an administrative standpoint all the athletic director does is advise which activities should be included on the intramural calendar. set the general policies of the program and provide the equipment necessary to carrying out the schedules. All details including advertising and publicity, drawing up schedules and tournaments, deciding the various champions and other details are under Engman's direction. Mr. Engman gives the full details of his methods and procedure in another story in this issue.

THE MEN'S INTRAMURAL PROGRAM IS VITAL PART OF THE ATHLETIC PROGRAM

By J. D. ENGMAN, Intramural Director, Lamar College

THE program of Intramural activities at Lamar College is a phase of the Athletic Department program under the supervision of

the Director of Athletics. The Intramural Council governs the conduct of all activities in the program and is composed of the Athletic Director, the Intramural Director, two student managers and one representative from each competing team. This group plans activities, dates, schedules, rules, and acts as first court in protest cases.

The actual administration of the program proper is the responsibility of the Intramural Director and his two assistants, a sophomore and a freshman manager. The managers draw their recompense from the student labor fund at the regular rate of fifty cents per hour. Their duties include posting schedules, contacting team captains, arranging for officials, checking on equipment and supplies and the various details incident to the efficient operation of the program. We use competent student officials and pay them the aforementioned student labor rate. These officials meet regularly with the Director and are periodically tested and instructed with an eye toward improving officiating and lessening protests and dissension.

At registration, each new male student receives a copy of our Intramural Handbook, a pamphlet containing complete information on the program, including how to participate, whom to see, where to go, and a chart of the campus showing location of all facilities.

Our competing units come from the various college departments. At present, there are eight teams competing in league sports, namely, Education, Business Administration, Vocations, Engineers, Pre-Meds, Pre-



J. D. ENGMAN

Laws, Physical Education and Band (Music Department). Team sports run seasonally in Flag Football (sixman), Basketball, Volleyball and Softball. League play is by the round-robin plan with a "Shaughnessy" playoff.

Individual sports offered include archery, horseshoes, tennis and golf. Fall and spring tournaments in each of these sports give ample opportunity for competition, and individuals may also check out equipment for play and practice on any week-day afternoon between the hours of 2:30-4.30 p. m. One-day meets in track and swimming also are a feature of our spring semester program. We use a city swimming pool located near the campus.

Our golf program is a unique feature among our activities. Each interested student receives a Golf Pass which entitles him to play free on various days at any of four golf courses located within ten miles of the campus. The golf courses charge the college nothing for this courtesy, and a student may play free any day in the week by alternating courses.

Another feature of the program which we feel contributes much to its success is our system of giving awards and acknowledgments. Upon completion of any league or tournament all members of a winning team receive individual medals engraved "Lamar Intramural Champions, 19-"." The Intramural Council chooses an "All-Star" team from the other league members and these men also receive similar medals. Winners and runners-up in all individual sport tournaments receive appropriate trophies, medals and the like, many of which are donated by downtown merchants. Our awards are merely tokens, as our philosophy here at Lamar is that Intramurals are for those people who participate for the sheer joy of playing, rather than for any material award they may obtain. We find this de-emphasis on awards pays off in a fine spirit of friendly competition.

Our program is publicized by posters and announcements on departmental bulletin boards, in the college newspaper (bi-monthly), in the local daily sports section, on the public address system in the Union Building and by announcements made at regular college assemblies.

The Intramural program at Lamar faces many handicaps not commonly found in other schools. Lamar is a community college largely, and most of our students live at home, a great

(Continued on next page)

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Sometimes it takes a woman to insure her family's future by setting them on the only sure road to security . . . through adequate, regular savings.

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If your home is your career, urge all working members of your family to start now on the plan for which they are eligible. If you are working, sign up at your firm or bank, and influence the other members of your family to do the same.

Soon the bonds will start piling up. Soon you'll know that confidence in the future which only comes through saving.

It's a wonderful feeling for anyone. And for a woman-how doubly wonderful!

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INTRAMURALS

(Continued from page 40)

number of which come in college buses from outlying suburbs and towns. None of our students live on the campus. We are further handicapped because our five-day week necessitates classes running to 4:20 each day. These factors limit the participation of many of our men. Approximately only 300 of our 700 male students have time for Intramurals and as participation is purely voluntary, we feel gratified that fifty per cent of this group take part in some phase of the program.

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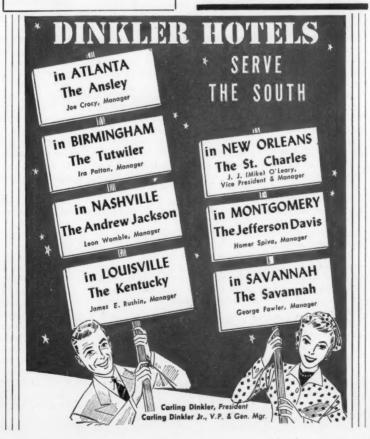
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SCOUT REPORT

On Coaches, Players, Officials and Jans



By DWIGHT KEITH

CONNIE MACK BERRY has been assigned the southeastern territory for John T. Riddell, replacing Reg Sawyer, who has transferred to the southwest territory. Connie is a native southerner. He was a star athlete at Spartanburg High School, playing under the tutorage of Red Dobson. Connie made the All-Tournament team at the Washington and Lee basketball tournament in 1932 at the age of 17. He attended North Carolina State College, where he was a member of the football, basketball, and baseball teams. After graduation at North Carolina State he played pro-football with the Chicago Bears, and basketball with Oshkosh All-Stars, being the only person we know who has been a member of championship pro teams, at two sports. The Bears won the title three times, and Oshkosh six times, while he was with them.

Connie married a Carolina girl, Virgina McKenney, and they have three children, Connie, Jr., age 10; Mike, 7; and Bonnie 3. They live in Spartanburg, South Carolina.

SELBY BUCK, "the Flint River Fox", has done it again. His Lanier Poets won first place in the Georgia Region 2 basketball tournament. Selby won the Class AA football and basketball championship last year, the only man, living or dead, who has ever accomplished this feat.

DANA X. BIBLE, who gained his fame as a football coach, piloted Texas A & M basketball teams to five of the nine victories that school has won from the Longhorns in Austin. In the all-time basketball rivalry between the two schools Texas leads with 55 victories to 27 for the Cadets.

BILL RANEY, former Coach at Ramsey High School, and University of Alabama is now at Long Beach, California. He is bragging about his eight month old twins, Donna and Douglass. After seeing their picture we can't blame him for being proud.

In the event anyone is interested, the basketball was passed from player to player 593 times Georgia's 59 to 48 win over Florida this year.

A new symbol in baseball scorekeeping was revealed here today, but it was used back in 1932 by the scorer of a University of Florida baseball game with Georgia Tech. The scorer had added his own little hieroglyphic at the top of the page with the notation "Bonehead Play"

DAVE FULLER, University of Florida baseball coach, did his collegiate baseballing at Wake Forest as a first basesman.

BURR E. PATCHELL, who represents MacGregor-Goldsmith, Inc., Cincinnati sports equipment firm in the southeastern states is the recipient of special felicitations on the occasion of his recent observance of his fifteenth anniversary with the firm.

Patchell who resides at 1319 Wake Forest Road, Ra-

leigh, North Carolina, is well known in the territory he serves in the southeastern states.

He began his career with the firm's golf department, transferring his activities to the sales department in 1937 and has been so associated ever since.

Patchell starred in football, basketball and baseball at Middletown (Ohio) High School. He later attended University of Cincinnati, University of Detroit and Purdue University.

He worked as a golf pro at one time at Lafayette, Indiana, the home of Purdue, He now makes golf his sole participating sport.

Sport Film Service

Regarding the Sports Film Service (and I use the word service very loosely) you fellows will just have to exercise a little patience until we get in the groove a little better. Some of the films which we listed in the January issue are available to us on a "prevue basis", and others we have ordered. We are purposely going slow on buying films until we see what we are doing. We are not going to stock up on films that are not in demand. Deliveries have been slow on some of the orders we placed, and this naturally affects the service we are able to pass on to you. If you are unable to book the film you order for the exact date you order it, just remember there are over 500 schools in Georgia to be served, and it is impossible to have a supply of films adequate to meet every demand. If it is any consolation, our service will gradually improve as our supply of films grows, and we become indoctrinated in the business of distribution. I can tell you now, however, that it will never be perfect, as everybody wants to see the good films and the season is over before they can get around to everybody. We will keep them moving as fast as possible, and with your cooperation in returning them promptly we will reach the maximum number of schools with our limited supply of films.

JOEL EAVES' Murphy Eagles are flying high. This is their second consecutive year to finish on top in the Atlanta basketball league. They are undefeated in league play, but dropped two to Selby Buck's Lanier Poets.

OKLAHOMA SPORTS AND BOAT SHOW

The Oklahoma Sports and Boat Show will be held in Tulsa, Oklahoma, April 12th-17th. The purpose of the show is to bring together all varieties of goods, equipment, and accessories used in outdoor recreational activities of the southwest. Fishing, hunting, golf, tennis, archery, shooting, trailer life, sports flying, camping,

(Continued on page 51)



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A Program for Women in -

HEALTH AND PHYSICAL EDUCATION

By MRS. BESS NEAL GENTRY

Director, Health and Physical Education for Women, Lamar, Col.

HEALTH and Physical Education A program in the Junior College involves careful studying and continuous planning and changing. Why? Because the program must be set up to meet the needs of the girls who come from rural and small high schools where the Physical Education program has been very limited, as well as for the girls who come from the city schools where a broad and varied program has been offered. These two groups must meet at the same time and in the same Physical Education classes. Both groups must be considered in the daily planning so as to stimulate interest and enthusiasm of every girl

There is another group that really needs encouragement, attention and individual help. This is the group of girls from the larger schools who have been allowed exemption from Physical Education all through high school because they were members of the band or of the chorus.

However, there is one desire common to all the girls, and that is to be attractive. With this objective ever in mind, posture work is begun with the first lesson in the fall and is continued throughout the entire year. During the fall months, when team sports are being offered, general muscle toning exercises and ex-



MRS. BESS GENTRY

ercises for correct posture sitting, standing and walking are discussed, practiced and tested for ten minutes of each class period.

Team sports are offered in the fall; they give the timid girl a chance to be part of a group without feeling conspicuous. They help her to get acquainted with larger groups in a freer and easier manner. The eager, athletic girl enjoys the game and is eager to help others who need to know more about the game.

Volleyball is our first team sport in the fall. By the time volley-ball season is over, the girls are all acquainted and have shown a remarkable amount of improvement in becoming a real part of the group.

Basketball is the next sport and is one that is welcomed by all except the girls who have never had Physical Education. The girl from the rural or smaller school steps up now and excels in her ability to play a smooth, fast game.

Because the average college girl will not indulge in too active a sports program after graduation, the individual and dual sports have a "carry-over" value that is most important to the adult woman.

Badminton is a favorite with all the Lamar girls. The beginner can enjoy a mediocre game while the advanced player can enjoy a fast hard game. The Lamar gym has four badminton courts on it. The racquets and shuttlecocks are furnished by the department for class members only.

Archery is the next sport on the calendar. It comes in the spring, when the girls are anxious to get out in the sun and begin to acquire their sun tans. Archery has an unusual charm and the actual ability acquired in the sport can be used and increased in the years after college. In addition, it may naturally correct the standing posture and bearing of the archer, so that there are related benefits as well as pleasure for the participant. Archery is about the only sport offered at Lamar in



A girls' Physical Education Class under the direction of Mrs. Bess Gentry pairs off for badminton in the beautiful Lamar College Gymnasium. 1949

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entry beauwhich we do not find any advanced players. After three weeks of learning the fundamentals of the game, and learning how to care for equipment, ladder tournaments are set up to stimulate interest in archery.

Golf and tennis are the last two sports offered during the Spring Semester. Beaumont has two municipal golf courses available to Lamar students for no charge on certain days of the week. This Spring, when the girls start their golf lessons, the Beaumont Women's Golf Champion has agreed to come out to the campus and give lessons. This should make the game more inspiring to the girls and help create interest and the desire to learn more about the game.

Tennis is really the Lamar girls' greatest love. Probably because of our weather, tennis is almost a year round game in Beaumont. Even though the girls at Lamar have not played too much, they have seen the game played and they have the urge to play. The groups work in the gym first, practicing forehand and backhand strokes, then they go outside to the cement courts to try out their newly acquired skills.

While sports make up a major part of our program, dancing has not been omitted. During the fall and early part of the winter semester, the girls learn American folk and square dancing. This year, during the rainy spring season and after the boys basketball season is over, tap dancing will be taught.

One year of Health and Physical Education is required by the College for graduation. At the beginning of each school year a woman physician comes to the campus and gives every girl enrolled in Physical Education classes a physical examination. The girls are then classified for either active, moderate, or no physical education

Even with all our objectives set up for the year, there is always the underlying purpose of conducting a program of activities that promotes happiness, health, fellowship, and worthy use of leisure time.

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WINNERS AND RUNNERS-UP

The University of Florida's Coach Ray (Bear) Wolf, left above, presents trophies to the champs and runners-up of the Florida State High School tennis tournament held in January at the University of Florida. From left to right: Leslie Ruthven (Ketterlinus, St. Augustine) singles finalist; Sue Goodman (Miami Beach) girls' doubles champion with Sue Herr behind Miss Goodman; Lafayette Golden, executive secretary of Florida State High School Athletic Association; Mike Fierman (Miami Beach), boys' doubles finalist with Eugene Mann; Zoe Hatcher (Sarasota), girls' singles champion and girls' doubles finalist Marilyn Morrison; Sue Herr; Bill Izlar (Miami Beach), boys' doubles champion with Dick Holroyd; Marilyn Morrison; Dick Holroyd, boys' singles champion and boys' doubles champion with Bill Izlar; and Eugene Mann. —UF Sports Photo



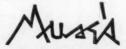
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TRACK

(Continued from page 22)

high as possible to get a good push to get away from pole.

(5) Above all, we insist that the boys practice jumping daily until they have reached the competitive form, because we feel that the only way to learn to do anything, is to do it with a few exceptions.

B. Broad Jumps

We believe that the work a sprinter gets in conditioning himself for the sprints is sufficient to carry him through the broad jump. We do a very limited amount of work in this event, because of the strain on the boys legs. Too much broad jumping is one thing that is detrimental to an

The basic fundamentals are:

- (1) Speed down the runway.
- (2) Hitting take-off board at top speed but yet relaxed so that the body will be over the foot at the take-off and will allow the jumper to get a maximum height as he leaves the board. It has been our experience that our broad jumpers do much better when they do not prac-

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tice, except on form, more than once a week.

- (3) Jump for distance only once a week.
- (4) The trial and error method is the best way that we have found to get a take-off mark.

C. High Jump

We find that once a boy has adapted one type of jump, we do not attempt to change his form. We encourage him to jump from four to five times weekly, working on form and building leg strength.

The basic fundamentals of high jump are:

- (1) The jumper must get his altitude before laying out or rolling over the bars. For instance: so many jumpers try to go over the bar before they leave the ground.
- (2) It is very difficult to try to explain how to improve one's jumping since each participant is different, but we can watch a jumper practicing and make minor suggestions to improve his form.

5. WEIGHTS

A. Shot Put

I believe that the man attempting to learn to throw the shot put should try to throw every day with the following fundamentals in mind:

- He must have his feet on the ground at the time the shot leaves his hand.
- (2) He must keep his head in one position and not let it drift to the left as most beginners do, as this diverts his line of force. The head should be in a position directly above and center of the hips at all times. The elbow should travel directly behind the shot in its delivery. The left arm should play an important part in throwing the shot in that good whip in the left arm will add to considerable distance. The wrist of the putting arm should be considerably relaxed at all times. Do not allow throwing the shot for distance at first, because when he first begins to relax his fingers and wrist, it is very easy to injure them until they are built up to withstand the strain. The shot should be placed in the hand so that the fingers cannot grip the shot, thus making the arm and wrist tense.

B. Discus Throw

The discus is another event that I don't believe a man can throw too much, because the only way a man can learn to throw the discus is to

throw it. The basic fundamentals in throwing the discus are:

(1) Maintaining balance during the spin. This can be obtained by keeping the head directly above and center of the hips as near as possible. Have the feet on the ground at the time of the delivery and allow the discus to trail well to the rear until time of delivery. Then a terrific left arm whip, immediately following the throw with the right arm will give best results. Speed and balance are the main essentials in the discus throw. The participant should start off very slowly, making each move distinct until he has his form down, and then gradually build up speed until he is throwing with perfect balance at his maximum speed.

C. Javelin

The javelin is different from the other two weight events in that too much work will make the arms sore, but careful supervision by coach and caution on the part of the athlete will allow him to work at least three days a week and throw one day a week for distance, generally during competition.

There are a few slight variations that a coach may use in this daily routine in that he may substitute sprinting the straight ways and walking curves for his sprint work, or to add interest, divide his team in half and allow them to run 440, 880 and a mile relays. This adds interest as well as does an excellent job of giving the boys their sprint work.

The cross country course is also an excellent diversion for the distance men in their Monday workouts.

There has been no attempt in this article to go into detail for any special events since it takes so much space, but just a general outline and a few details to give the general procedure which we follow at Georgia Tech. These fundamentals hold pretty well true until our competitive season starts and then we cease all hard driving work, as a general rule, and begin to specialize with the individual. We work some boys much harder than others during our competitive season, since we find some can take more work than others. This is something that the coach will have to work out with the individual person. We have found this method very satisfactory here at Georgia Tech, and as a result, have had some outstanding performers in almost every event at one time or another.

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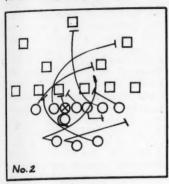
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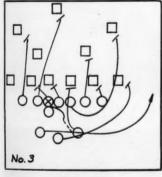
(Continued from page 26)



(Play #2)

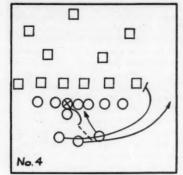
This is a variation of play #1, and is really a trap on the strong side tackle. The right halfback fakes getting the ball from the quarterback, while in a simultaneous motion the left half and fullback fake to the left and then the fullback immediately comes back and blocks the defensive left end out, and the left half takes the ball from the quarterback and runs inside the trapped tackle and breaks straight down and out.

Because this is a delayed play on the defensive left tackle it is easier to handle by the outside guard who pulled out. The right tackle sets up the block as the right end comes over on the "blind side" of the tackle being blocked.



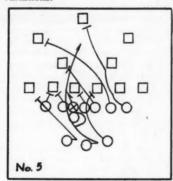
(Play #3)

The blocking in play #3 is unusual but you will notice the block on the end and tackle are set up by the fake to the right half who blocks the strong side tackle. The quarterback fakes the ball to the right half and then laterals to the left half. The outside guard pulls out and fakes a block at the end to set him up for the fullback and then goes down the field and blocks the defensive left half.



(Play #4)

Play #4 is the same as #3 with variations.



(Play #5)

Play #5 has been very successful. Coming back to the weak side with double-team blocking is not common in football, but here in this play it is carried out. Right half steps ahead as soon as ball is snapped and blocks inside the guard, as the guarterback fakes giving him the ball. Both the fullback and left half fake to the right, with the fullback taking the ball and running inside the weak side tackle as the left half blocks the defensive left end out. As in most of the preceding plays this one has excellent down field blocking. Again notice the advantages in the blocking, using the unbalanced "T" at the point where it is needed the most. Here we are speaking of the doubleteam blocking on the defensive left tackle and guard.

(Continued on page 50)



SOUTHERN SCHOOLS

(Continued from page 20)

Secretarial courses include English, shorthand, typing, general office practice, office machines, bookkeeping, mathematics, secretarial practice, speech and government.

Office standards are used as much as possible as a standard of measurement in the courses. For instance, a typewritten or transcribed letter must be "mailable" to be considered satisfactory.

Stenographic students reach a speed of 100 to 120 words a minute in taking dictation. The accuracy requirement in transcription is 98 per cent. A letter may be 98 per cent accurate, of course, without being mailable. Therefore, the two per cent errors allowed cannot be serious errors such as spelling or major punctuation blunders. It seems a gigantic task to freshmen to achieve 98 per cent accuracy instead of the usually 70 per cent required, but when they do reach the desired goal of speed and accuracy they have an excellent usable knowledge. In typing, the requirement is 50 to 60 words a minute with 95 per cent ac-

The college placement service assists ex-students and graduates in obtaining positions not only at the time they leave college, but at any time when they may need assistance in obtaining jobs. Records kept by the placement service include instructors' recommendations and ratings and a record of each student's educational achievement, intelligence, interests, aptitudes, and special abilities.

The main problem in placement at the present time is having an insufficient number of students to recommend for jobs. As graduation nears, letters are mailed to those employers whose requests were not filled throughout the year, notifying them

of the group of applicants that will soon be ready for employment. These letters serve two purposes: to secure employment for applicants and to build good will for the school employment service by using a follow-up system both when requests for employees are filled and when such requests are not filled.

The director of the business division each year sends form letters to employers and personnel managers, asking them to refer to the school's placement service when employing ex-students and graduates. This acts as a reminder to businessmen of the service offered and frees the school of criticism in cases of "misfits" who are employed without the school's recommendation.

In keeping with the college's policy of attempting to fill numerous community needs of higher education, night school offerings are being constantly enlarged. Many of the night school offerings are the same as those of day school. Two popular courses offered only in night school are tax accounting and cost account-

During the fall semester a "business correspondence clinic" was held for business executives. This was made possible by the George-Barden Act and met with such success that similar clinics are to be held in Beaumont and neighboring towns during the spring semester.

THE BAND AND THE TEAM

HE Lamar Cardinal Band functions as a marching unit during the football season, and as a concert band during the remainder of the year. Membership is open to both men and women.

An outstanding example of the common ground between music and sports is the all-important function of teamwork. Good team play not only contributes toward winning

athletic contests, but it is an essential of any successful musical performance. After acquiring the special skills required for reasonably successful participation, it is necessary in both sports and music for the individual to sacrifice certain aspects of his personal endeavor to the unified goal of the team or music ensemble.

Development of this unselfish attitude cultivates a sincere appreciation of the abilities and worth of one's fellow players, and it promotes the desire to contribute toward a common objective. The superior results achieved by practical application of this attitude are invariably found in the concert hall as well as in tournament play. It is my belief that when music directors and coaches have provided circumstances allowing the student to get the feel of this aspect of team play they have done their jobs more effectively than anything that can be measured on a scoreboard in terms of wins or losses.



L. A. HANLEY, Band Director

The Lamar Cardinal Band



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TRAINING

(Continued from page 24)

ditions can be partially prevented by instituting a "foot massager" and an "ankle wringer" exercise at the beginning of the warm-up period. Before the men put on their spikes have them sit on the ground and grasp the left ankle with the left hand. Place the right hand around the ball of the left foot palm up. Now carry the ankle through complete circumduction, gently at first and then forcing the limitations of the joint. Repeat with opposite foot devoting two or three minutes to the exercise. Now grasp the foot with both hands and massage and bend until all joints move freely.

Pulled muscles and tendons are another source of trouble to track men. They can be prevented to a certain extent by concentrating on specific stretching exercises. Sprinters and hurdlers should be especially careful about warming up well before making competitive effort in their events. Hurdling exercises along with stiff-legged forward body bending will usually suffice to stretch the hamstring group in the back of the upper leg. The quadriceps in the front of the leg may be stretched by dropping to your knees and extending the toes. In this position sit back on the heels and touch the back of your head to the ground.



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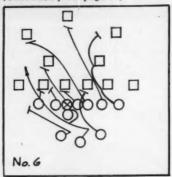
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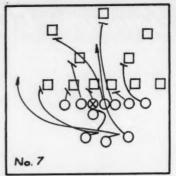
(Continued from page 47)



(Play #6)

As in play #5, the left half and fullback fake to the right. The fullback hits to the outside as the left end and left tackle team up to block the defensive left tackle in to the right.

Remember your fullbacks must fake to the right then step up to the quarterback, pivot quickly, and cut back inside the end who is blocked out by the left half. With the offensive split on this play an extra yard, it makes the left half's block simpler. When he gets by the line of scrimmage the fullback swings to his left and back to his right to set up the right guard who blocks out the weak side halfback.



(Play #7)

With the right half plunging inside guard and faking, the quarterback

ATTENTION STUDENTS

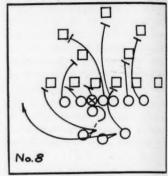
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spins to his right and then laterals to the fullback who swings wide around end. The left half quickly fakes to his left and cuts back to block the defensive right end on the outside.



(Play #8)

Another variation from this play is shown in Diagram #8. In this play the left half can play up closer, (about three yards) so that he can throw a quick block on the defensive left end.

An unbalanced line "T" formation gets its power from double-team blocks, plus downfield blocks and speed from backs who not only hit holes with effectiveness, but can also set up all the key blocks.

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SCOUT REPORT

(Continued from page 42)

photography, and all phases of outdoor living will be included. During that week Tulsa will be the mecca for sportsmen from five states, and it is estimated that exhibitors will display their goods before 75,000 prospective customers.

The show will be held at Avey's coliseum, with two performances of the show scheduled daily. Admission tickets will be \$.50. The show is conducted under the sponsorship of the Oklahoma Sports and Boat Show, Inc., a non-profit corporation, and proceeds will go to a philanthropic fund for educational, civic, and youth improvement activities.



CHAMPIONSHIP BASKETBALL, by Adolph Rupp, published by Prentice-Hall, Inc., New York. 240 pages. Price \$3.00. The Baron of basketball has done a good job in so clearly presenting his system of plays and methods of coaching on the printed page. It is an ideal text for coaching methods courses, a must for the practicing coach. For both the offense and defense, it covers both fundamentals and intricate plays. Illustrated with over 156 diagrams, drawings, and photographs, Rupp tells in detail from start to finish the methods he has used to capture 11 Southeastern Conference Championships, and win national acclaim, culminating in leading his team to N. C. A. A. Championship, and victory in the 1948 Olympics in England.

THE Z FORMATION, by Charles W. Bachman. Price \$3.00. Charles Bachman draws from his 31 years' experience as a college and service team coach to write this book describing the formation which combines the quick deception of the T, the flank and passing attack of the Notre Dame system and the trap and power attack of

THE PURCHASE, CARE AND REPAIR OF ATH-LETIC EQUIPMENT, by Kenneth L. Meyer, Published by Educational Publishers, Inc. 160 pages. Coach Meyer discusses every phase of purchase, care and repair of athletic equipment. It is the best coverage of the subject we have seen.

50 GOLDEN YEARS OF SPORTS, by Robert L. Burnes. Published by Rawlings Manufacturing Company, St. Louis, Missouri. 200 pages. This excellent book tells of the development of sports from 1897 through 1947. The highlights of each year are reviewed in a most fascinating manner. It is a definite contribution to the history of American Sports.

EDUCATION THROUGH PHYSICAL ACTIVITIES, by Pattric Ruth O'Keefe and Helen Fahey. Published by the C. B. Bosby Company, St. Louis, Missouri. 309 pages. Price \$4.00. This book not only includes the activities that should be included in the elementary school physical education program but also shows how the program can be organized and conducted in the various school situations throughout the country. Sections of the book are devoted to outdoor activity, indoor activity, and special events. A most helpful text for Departments of Physical Education.

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Training: Bill Dayton, Tulane University.
and TULANE UNIVERSITY COACHING STAFF

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Assistant: Loy Camp, Class "A" state champions, 1949. Trainer: Bill Ruple, Neville Hi, Monroe, runner up in Class "A" SOUTH SQUAD: Head Coach, "Buck" Seeber, state champs in "AA", 1949. Fortier of New Orleans Trainer: "Pete" Maihles

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At Vanderbilt -

EDWARDS REPLACES SANDERS

By GEORGE K. LEONARD, JR.

Compared to Bill Edwards, the new Vanderbilt head football coach who succeeds Red Sanders, Dale Carnegie now seems like a lone wolf to thousands of Commodore students, alumni and team followers.

Never in the history of the proud Nashville school has any completely strange and unknown athletic figure, much less one from above the Mason-Dixon line, been so enthusiastically and wholeheartedly welcomed. And never has one enlisted such all-out immediate support.

Late on the afternoon of Feb. 12, while at his home in Cleveland, O., Edwards was offered and accepted a three-year contract at an undisclosesd — to the press — salary.

The long distance phone call, with Dean Fred J. Lewis of the Vanderbilt engineering school officiating as tenderer of the invitation in his capacity as chairman of the faculty athletic committee, culminated a 23-day search for a successor to Sanders, now at UCLA.

Edwards literally came, saw and "conquered."

Just 48 hours after his appointment, the 43-year-old graduate of Wittenberg (O.) College convinced some 38 returning Vanderbilt football lettermen that he would do OK by them.

Departure of Sanders and four of his aides for Los Angeles had wiped out the staff. The decision of the popular mentor who had led his team to eight straight victories after a disappointing start in 1948 plunged the campus in gloom.

But two days after Edwards was hired, the question "Who is he?" had changed to "Where has he been?"

The answer to that, of course, was that he had for the

past two years sparkled unseen under the brightest star in the professional coaching field, Paul Brown of the Cleveland Browns, champions of the All-America Conference three seasons hand running.

Edwards served Brown, his lifetime friend, as line coach in 1947 and 1948. They had been teammates at Massillon, O. High School. After playing freshman football together at Ohio State, they went elsewhere, Brown to Miami (O.) University and Edwards to Wittenberg. Neither liked the large campus.

The coal miner's son was an All-Ohio lineman at Wittenberg and after graduating, coached at Springfield and Fostoria, O., High Schools. In 1934, he met Sam Williaman who had just signed a contract as coach of Western Reserve University.

"You're just the man for me," Willaman said after one look at Edwards. Willaman died suddenly in 1935 just before the start of the season and the players petitioned college authorities to promote Edwards into the vacated spot.

For the next two years Western Reserve did not lose a game. In three of the six seasons Edwards coached there, his teams were undefeated as they won 47, lost 6 and tied 2. They were both unbeaten and untied in 1936 and 1938.

Western Reserve climaxed its final year under Edwards by stomping Arizona State Teachers, 28-13, in the Sun Bowl game on Jan. 1, 1941. For one year he was head coach of the Detroit Lions in the National Football League, winning 4, losing 6 and tying 1.

(Continued on next page)



Coach Edwards arrives at Vanderbilt on the occasion of the Vandy-Mississippi State basketball game. He congratulates Billy Joe Adcock on scoring 36 points to set a new southeastern conference record, as basketball Coach Bob Polk smiles with just pride. 949

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Edwards enlisted in the Navy in 1942. He was assistant coach to Tex Oliver at St. Mary's Pre-flight for two seasons and in 1944 was head coach at Pensacola Naval Station. Discharged with the rank of lieutenant commander in December, 1945, Edwards became sales manager of a Cleveland sporting goods company.

Two years ago Edwards and Brown were reunited as the call of the gridiron proved irresistible to the former. Contacted by the Vanderbilt committee, Brown gave Edwards a glowing and obviously sincere recommendation. A second powerful Edwards' backer in Cleveland was Tom Lipscomb, a prominent attorney who played football at Vanderbilt in 1915, 1916 and 1919.

Predecessor Sanders, who had known Edwards well when both were in the Navy, also put in a strong word. In his brief appearance before the committee charged with screening candidates — of whom there were legion — and recommending a coach, Edwards made an instant and lasting hit.

First to congratulate Edwards on his new and challenging post was Lou Rymkus, huge Cleveland Browns' tackle who played at Notre Dame.

"We'll miss Bill," Rymkus observed. "He never had a bad day. He was always cheerful and nice, never growling. He knew how to handle men. He can't miss at Vanderbilt. He'll get the players and then he'll get them to want to play for him. Yep, we'll miss him."

At a meeting of the football squad two days after the announcement, Edwards said: "I hope to give you the team Red gave you—one that will block and tackle, score touchdowns and win football games.

"My philosophy is very simple: I want to win. I want

to play the game fairly and squarely, and I make no apology for wanting to win. I feel that I can contribute much more to character by winning.

"I like the type of boy who will dedicate something of himself for one thing—victory. You will be a onefor-all team, I guarantee you. I want to know you all better and remember this: my office is always open to football players."

In his first interview on arrival in Nashville, Edwards said he would await the start of spring practice on March 21 before deciding whether to install the "T" formation. He pointed out that he had taught the single wing for 15 seasons prior to his joining the T-minded Browns as line mentor.

The single wing-steeped Commodores, who scored 328 points last fall and were rated by many experts on a par with North Carolina at the season's close, probably will be co-favorites for the Southeastern Conference championship — with Tulane — in 1949.

By his friendly informality, good natured ribbing and above all, by his innate sincerity and his desire to preserve the winning complex of things at Vanderbilt, Edwards convinced the players he was their man.

Typical of the reaction was that of burly tackle Dutch Cantrell, who, though a graduating senior, has another year of gridiron eligibility remaining and until meeting Edwards had made up his mind not to return.

"I know one thing," he said. "I like this fellow. He can count on me being around next fall."

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TEXAS ROUND-UP

(Continued from page 38)

to the request is beside the point that we are making here. The evil would not exist were there not some demand on the part of some coaches for it. In one sense of the word, this condition is the coaches' fault for allowing their business to be solicited by any such methods.

It might be well for the coaches to take a little of the advice that they dish out so generously when they take their boys on a football trip. As we remember the speech it goes something like this: "Now, boys, when we go on this trip you lose your identity. You are no longer Sam

Jones or Bill Smith - you are a member of the Blank High School football team. So conduct yourself in such a manner in the hotel and on the streets that will not reflect discredit on your school." The coaches are in the same situation. Very few, if any, people in the city where the school is held will know you personally; but all will know that you represent the coaching profession and are more than likely a member of the Texas High School Coaches Association.

Jefferson County is wet - very wet - you can get anything you want most anywhere. We know several places that we can recommend and urge you to comply with the Board's request to keep it out of the hotels.

Southern Co-Ed

Our Southern Co-Ed this month is dynamic Dot Neill, senior in the College of Arts and Sciences at Vanderbilt University, where she is majoring in Psychology, and minoring in English Literature. Though these courses are two of the school's most difficult Dot has a B plus average. She is a member of Kappa Alpha Theta, is athletically inclined, taking an active part in swimming, basketball and tennis. She also enjoys music, dancing and good literature.

Dot is the daughter of Dr. Frank K. Neill of Albany, Georgia, who is a graduate of Vanderbilt Medical School, He was elected "Bachelor of Ugliness" (the campus' highest award of male popularity) in 1922. Dot was chosen Queen of the senior prom, as a sophomore, and last year was elected "Miss Vanderbilt." Her charm and loveliness is complimented on every occasion that honors the feminine beauty of the Vanderbilt campus. We are happy to add to her laurels by acclaiming her our Southern Co-Ed of the

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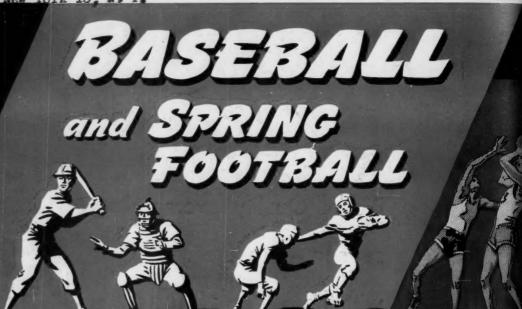
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On the back cover of the current issue of our publication—the OBSERVER—we suggest that if you have any odds and ends of spring and summer equipment which could stand a little reconditioning, we would be glad to have you send it along to us—soon.

BASKETB

We might also mention that we would be pleased to have your name on our OBSERVER mailing list. Our booklet gives you valuable advice on the proper care of athletic equipment.



